

Burns Paiute Tribe

100 Pasigo St.

Burns, Or 97720

541-573-8016

TRIBAL COUNCIL CONTACT

Charlotte Roderique-
Chairperson

541-573-5007/589-4293

Burns Police Tribal Police

Chief Carmen Smith

541-413-1419

Officer

Frank Rivera

541-413-0382

Social Services

Michelle Bradach—
Director/ICWA

541-573-8043 /

541-589-0171

Teresa Cowling—Domestic
Violence / Assault

541-573-8053 / 541-413-
0216

Police After hours

Call Burns Dispatch

541-573-6028

Burns, Oregon

February 22, 2016

Mental Health (MH) Service Coordinator
Burns Paiute Social Services Department

Number of Positions: One (1)

Location: Burns, Or—Burns Paiute
Reservation

Open: Until Filled

Salary: FT G5 Step 8—40 hours
per week

Supervisor: Social Services Director

Cultural & Heritage Dept.

Oregon folk life Moccasin Grant

Moccasin making Orientation

February 26, 2016

Time: 2:00 pm at Gathering Center

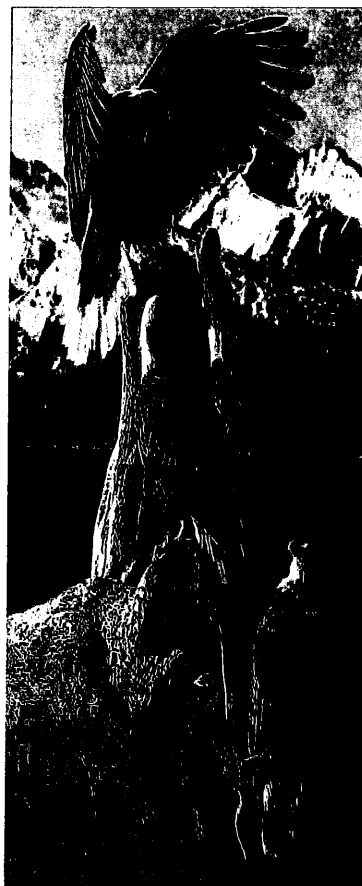
We will be holding a Orientation for parents/
guardian, who will be having a child participate
in the moccasin making class. Age 10 to 18
years old. We encourage parents/guardian to
please be present at this meeting. Thank you

Contact: Myra Peck -541-413-0766 or

Diane Teeman 541-573-8091



GATHERING OF NATIVE AMERICAN'S



Follow up and planning meeting

FEBRUARY 24th & 25th

2016 @

The Gathering Center

9am to 4pm

Lunch & Snacks

Provided!

DOOR PRIZES!

This event is made possible through

SAMHSA Intensive TTA Grant with the help of
Kauffman and Associates

For more information please contact

Lanette Humphrey @ 541-573-8002



Mental Health (MH) Services Coordinator
Burns Paiute Tribe Social Services Department

Number of Positions: One (1)
Location: Burns, Oregon – Burns Paiute Reservation
Open: January 13, 2016
Closes: Until Filled
Starting Date: Approx. Feb 3, 2016
Salary: FT G5 step 8 ~ 40 hours per week
Supervisor: Social Services Director

Scope

The state of Oregon through the Addictions and Mental Health Office is providing this opportunity for the Burns Paiute Tribe. The state is investing in a coordinated system of care for children, youth, adults and families by strengthening partnerships, expanding services and supporting innovation. The state has identified specific services and system expansions that focus on promoting community health and wellness, keeping children healthy and helping adults with mental illness live successfully in the community.

Investment from the state is for mental health promotion and prevention – This folds mental health promotion and prevention into the existing prevention system so communities can identify early indications of problems and foster mental health. Also to develop programs that emphasizes prevention, early identification and intervention, and training and technical assistance.

This position will oversee the coordination, education & information to community members. This includes working with the community to facilitate buy-in and partnership. Providing trainings to reduce the stigma of mental health, and to set up a system of care to increase referrals to services

Requirement

Must have organizational skills, computer skills, 3 years of experience of working with adults and youth in a professional setting, preferably mental health, treatment and or substance abuse prevention Adaptable to flexible work schedule, experience working with native communities and quality characteristics that would be a positive role model for our community, outgoing, honest, substance free lifestyle etc

Responsibilities/Duties

- Complete a community readiness survey in regards to Mental Health Prevention/Promotion
- Complete a needs assessment using local data
- Provide outreach through social media outlets and sources
- Collaborate with community partners to organize at least three community trainings (Introductory to Mental Health, Native Wellness- focusing on grief, healing, historical/intergenerational trauma, & Mental Health First Aid)

- Setting up a system of care for those seeking Mental Health Services, case management, finding a therapist to come to the reservation or facilitate transportation to and from appointments out of the area.
- Ability to document services in a way that is useful both to the care provider and to management for quality-improvement services, complete all reports, data collection, evaluation and forms as required for the grant.
- Track and monitor client data.
- Travel as required for grant orientation and regional training
- Work with and support the efforts of the Burns Paiute Prevention Coalition
- Develop comprehensive, client-centered care plans
- Commitment to delivering person-centered care by developing protocol and relationships with service providers
- The incumbent will be called upon to accomplish other tasks within their scope of work

Qualifications/Requirements

Must have a valid Driver's License at time of hire

Must submit to and pass a UA drug test and a criminal background test

Following hire must immediately report to Human Resource any Citation, arrest conviction for a misdemeanor or felony crime

Must sign a confidentiality Clause

Must be able to successfully complete 90 day probationary period

Must be proficient in Microsoft Office and Excel programs

Good organizational skills

Respect and appreciation for ethnic and cultural diversity

Expertise in case management philosophies and strategies

Strong interpersonal, communication, and organizational skills, this person should be able to meet with a variety of individuals in a professional manner, using tact, diplomacy, and judgment.

Good public relations skills; professional appearance and demeanor

Ability to independently analyze and resolve problems

Good verbal and written communications skills, Knowledge of English, grammar, spelling, punctuation, and a variety of letter and report formats in order to prepare correspondence and reports

Education and Experience

Bachelor of Science from an accredited institution in health or social services or a related field, and three years of relevant experience, or any satisfactory combination of education, experience and training which demonstrates the knowledge abilities and skills listed.

Indian Preference

Indian preference will be given to candidates showing proof of enrollment in a federally recognized tribe. In the absence of Indian applicants meeting the qualifications as listed

above, all applicants not entitled to or who fail to claim Indian Preference, will receive consideration without regard to race, color, sex, political preference, age, religion, or national origin.

Disclaimer

The above statements are intended to describe the general nature and level of work to be performed by the individual assigned to this position.

Please submit application and Resume to

Burns Paiute Tribe, Human Resource Department

100 Pasigo St.

Burns, OR 97720

541-573-8013

Cochran, Stacey B -FS <staceybcochran@fs.fed.us>
Tuesday, January 19, 2016 2:15 PM
Stacey Cochran (stacey.cochran@discovernw.org)
USFS Ranger Training Residential Internship Opportunities
2016 Residential Ranger Training Internship-LLVC.docx; 2016 Residential Ranger
Training Internship-PVC.docx

Hello,

My name is Stacey Cochran. I am the Volunteer and Event Coordinator with Discover Your Forest, Non-profit friends group of the Deschutes and Ochoco National Forest. I coordinate and recruit Participants for Forest Service Ranger Training and Discover Your Forest Conservation Education Internships. I wanted to bring to your attention two opportunities that we have for Summer 2016 up at Newberry National Volcanic Monument. I would love to share these opportunities within you communities and programs. Some information about the programs:

Ranger Training Residential Internship at Paulina Visitor Center at Newberry Caldera

Ranger Training Residential Internship at Lava Lands Visitor Center

- Summary: Uniformed intern position duties include, but are not limited to: welcoming and orienting Monument visitors, providing in-depth information on Monument sites, developing and delivering interpretive and educational programs.
- The application period is currently open and will remain open until positions have been filled, but no later than May 15th, 2016.
- Training is taking place from June 6-9th at Newberry National Volcanic Monument, and is mandatory
- Furnished Lodging is provided as well as \$15/work day per diem
- First Aid and CPR Certification Course is provided
- Training in Interpretation and Visitor Services is provided

If you, or anyone in your programs and communities, have questions about these, or other, opportunities, please have them call me at 541-383-5530 or stacey.cochran@discovernw.org.

Also, if you have suggestions on how better to reach your students and communities please let me know.

Thank you and have a great rest of you day.

Stacey

Stacey Cochran

Volunteer and Event Coordinator

Discover Your Forest

Discover Your NW Email: stacey.cochran@discovernw.org

Forest Service Email: staceybcochran@fs.fed.us

Office Phone: [541-383-5530](tel:541-383-5530)

Cell Phone: [541-508-9899](tel:541-508-9899)

63095 Deschutes Market Rd

Bend, Oregon 97701

IN MY OPINION

In my dream....

We came to the Bundy Gang bearing five American Indian woven blankets, ten moccasins, five flints, five obsidian rocks, and five woven deer brush brooms. We were an eclectic group made up of Paiute Indians, ranchers, businessmen and women, environmental watchers, bird watchers, and land stewards. We came because your group, Mr. Bundy, had crossed the line, the line of land stewardship. You spoke multiple times that you would go home if asked to do so; you were asked to leave. You said you wanted the land turned back to those who had owned it previously; The People already watch over it. You took belongings that didn't belong to you, destroyed property that didn't belong to you, and walked into a sacred living room of a home that didn't belong to you. You stomped around in your big boots, big trucks, with your big guns and threatened, and bullied, and demanded. You taught us a lot about all of your childhoods, and you blamed us; but it wasn't about us.

We came with blankets, moccasins, flints, glass for spear carving and brooms. We came to sentence you. You are to strip naked and take only these materials. You are to sweep the desert of your damage, your footprints, your truck marks, your signs, as our Brother the Wind has cleaned the desert over and over before you. You will walk into this land naked. Softly you will walk. You will beg the animals to bless you with their meat and hide that you might live; you will thank them for thinning your herd and making it stronger. You will not go to jail with electricity, water, food, television, lawyers and representation paid for by the American tax dollar, a government you do not believe in. No, you will go to the land.

If the land lets you survive, you will know the land differently. You will appreciate her balance and wisdom; you will know the ways of the Creator. You will not try to bring animals who cannot live on this land, plant grasses that do not grow; flow water where the water does not flow. If the land does not let you survive, your body will become the land. It will become food for the birds, animals, insects, and plants, minerals to replenish the Earth. You will know the land differently.

If only you could sweep, with your woven deer brush broom, the hearts and souls of the humans. The broken relationships, friendships, neighborhoods, communities, and the previous agreements back to even sands. If only we could heal the wounds you have opened with your walk and talk and guns. It takes years for scars to heal in the desert. It takes centuries for Brother Wind to move the sands away from ruts. It takes years to repair hearts and souls and communities.

In my dream....

Susanne Carlson
1985 SW Warwick Ave
Portland, OR 97225
503 703 0955

Represents no one but herself, and everyone, torn by these actions.

Tribal Administration:

It has been a short week, with one Federal Holiday and one Funeral Service for an enrolled Tribal Member.

As the Emergency Preparedness Coordinator, I traveled to the Coquille Tribe for a semi-annual gathering with the other eight Oregon Tribal Emergency Coordinators. The first day and half, we met with FEMA Regional Director Ken Murphy, and his key staff getting the latest information on Tribal Declaration for Natural Disaster on Tribal Lands. We are trying to get the base amount for damages under \$300,000. That is still too high for the Burns Paiute to meet before we can get financial assistance. In our Tribal Coordinator meetings, we discussed with Oregon Emergency Management on these topics: Coquille Culture Dept. gave a presentation on disasters and impact to culture resources; mentioned four items that can't be sold on the open market; need to constantly defining culture impact to Federal Agencies; Oregon Heritage Commission has a grant program for emergency planning, as well as another state agency for culture emergency planning; a letter has been sent to Oregon Emergency Management on the allowable use of PL 93-638 Contract funds to be used as Matching Funds to FEMA Grants; while we were having a working lunch, a siren went off, and it was Coquille Tsunami Warning Siren for their community; discussion centered on surplus equipment from BIA or Indian Health Service – we are still awaiting 1,000 sandbags from Indian Health; we discussed the Oregon Tribal Nations Exercise Plan – where can we participate at – individual Tribal Emergency Operations Center, or at another Tribal EOC; we are working on a mass communication notification system with Harney County Emergency Management – we are almost ready for training of the system within the next

month; Oregon Emergency Management is considering the option of giving our program one satellite telephone, and providing funds to purchase one HAM radio system; we talked about sharing resources such as personnel, vehicles, trailers, or technical support should a natural or man-made disaster happens within the nine Oregon Tribes; Medical support – such as personnel or some medications; Operational Coordination – insure we have good communication system in house, strong Tribal Government Leadership with a good chain of command; we learned that there is a Native Air Service in the Mid-West, plus the Chickasaw Tribe has its own fleet of 3 airplanes that is available upon request; both the BIA and Indian Health will not be functional if there was an earthquake in Portland – they will not be able to assist due to personnel injured or no transportation; if there was a need for behavioral health need, Oregon Emergency Management can send SAVO; Indian Health can contact HHS for counselors, plus their own Behavioral Health Team; and what kind of training is needed within our community or with staff to deal with disasters.

In the next several months, travel will involve attending the Federal Highway – Tribal Transportation Program on road design, and other classes for Tribal road maintenance; conference in Coeur d'Alene for Tribal Land Staff on Tribal Land issues in March; another Oregon Preparedness Workshops at Kah-Nee-Ta in April.

Boise Valley Gathering:

Reminder: I am informing members of the Boise Valley Gathering Group with information on what is happening with the Boise Valley Gathering. This Group (Burns Paiute, Ft. McDermitt,

Return of the Boise Valley and Strategic Planning Process
4 December 2015 10:00-12:30

Strategic Plan Development Session

Name:

#1: Descendants of the Boise Valley People (*Newe/Numu*): *Newe/Numu tiipe kuva nanateweazina* – On Indian land we all help one another

Board Membership: One representative from each Tribe plus two at large (preference given to fluent speakers- minimum of three fluent speakers required) (Quorum is 5 members)

Staff (no vote): Executive Director, Legal, Funding

Funding: Use of RC&D as 501-C-3 and grant writing.

Mission (language, culture, history, and tradition):

The Descendants of the Boise Valley People (*Newe*) intend to reaffirm our presence in the Boise Valley. We will interpret and document the history of our people and our ancestral relationship with the land. We shall share our culture and history with each other and educate the public on the history of the Boise Valley.

Vision:

We intend to gather as the Boise Valley people to share our culture and history with each other, and educate the public on the history of the Boise Valley and its original people. Each Tribe sharing their past and history with each other and develop methods (teaching materials and curriculum, workshops, program development...) to preserve and protect our past and keep our language, culture, history, and traditions. We will honor our ancestors; maintain our tribal identities and resources, and practice our ceremonies to teach our traditional ways to future generations.

Goals and Objectives:

Goal #1: Establish a Boise Valley Newe Cultural Center/Monument/Kiosk (Five Tribes Theme).

- Concept Designs and Idaho National Guard Support
- Land Acquisition
- Coordination with the City of Boise and State of Idaho
- Local and Regional Partnerships
- Develop Information to be used
- Funding (Grants and others)
- Construction and Implementation

Goal #2: Develop educational materials.

- Develop Education Subcommittee (curriculum, teaching materials, kiosk/monument concepts).
- Develop a History of the Language and Tribal Curriculum.
- Develop a Consolidated List of Places and Tribal Names.

Goal #3: Continue annual Return of the Boise Valley People gathering.

- Planning meetings as needed.
- Coordinate with Idaho National Guard and City of Boise.
- Implement and Feedback for the following Year's Event.
- Social activities and events.

Goal #4: Continue to utilize our historic resources.

- Site Visits and Gatherings.
- Coordination Celebration Park (Map Rock, New Rock, Student Curriculum)
- Develop History of Resource Uses, Traditions, and Ceremonies.
- Develop a History of the Language and Tribal Curriculum.
- Develop a History of the Plant Names and Uses.
- Develop Family Histories and Homelands.
- Develop a Consolidated List of Places and Tribal Names.
- Develop History of Clothing...

Duck Valley, Sho-Ban, and Warm Springs) have held several meeting to plan for the 2016 Boise Valley Gathering in Boise, Idaho.

One of the key projects for the Group is the creation of a formal and recognized Boise Valley Gathering Group. The last meeting held on December 4th, members present developed the Name, Vision, Goals and Objectives for Descendants of the Boise Valley People. This document was developed to assist the Boise Valley Group to seek funding in the support of the Boise Valley Gathering Foundation. This Foundation will be seeking from other non-Indian and Indian foundations for funds to support the Annual Gathering, and to begin a building fund to build a Tribal Indian Museum near Quarry Park.

One of the issues with the Gathering is that Cooks, who prepare the meals have no time to listen, or participate in any of the activities planned during the Gathering. With these funds, it was thought that we can get outside organization to assist in preparing of food for the three evening dinners, and maybe lunches. We (Burns Group) will no longer need to plan for the dinner held on Friday.

With this endeavor, we will need to get concurrence from the members of the Burns Paiute – Boise Valley Gathering Group to review, make suggested changes, and accept this new “Descendants of the Boise Valley People” By-Laws. This will allow our fund-raising projects to be used to pay individuals to transport community members to the Gathering. We do not need to consider gathering traditional foods for our Dinner on Friday. The Burns Paiute - Boise Valley Group will need to select one delegated representative to be on the 7 person Board of Directors to the Descendants of the Boise Valley People.

Attached to this notice is a copy of the proposed By-laws for the “Descendants of the Boise Valley People”. If you have any questions on the proposed By-Laws, write our comments on your copy, and give it to Kenton Dick.

The next meeting of the Gathering Planning Team has been delayed due to our situation in Burns.

The Idaho National Guard will continue to support the Gathering by paying for the rooms. We were informed that room rate has increased to \$65 per night.

A meeting has been scheduled for Feb. 24th, Wednesday evening, starting at 5:00 p.m. in the Social Hall of the Living Water Church. Will be looking at the By-Laws, and appointing a Burns Paiute representative for the Descendants of the Boise Valley People. This individuals will be attending the next Boise Valley Gathering meeting next month.

Finally, Ms. Yvette Tuell of the Sho-Ban Tribe wants to interview families of the Burns Paiute Tribe who were affected by the Bannock War around 1878. I have forward her proposal to the Tribal Council to review. I informed her that the Tribe does have an Ordinance that must be approved by the Tribal Council before any interviews can be conducted by Ms. Tuell with our Tribal families.

As of February 11th, the Tribal Council has approved her request to meet with families from the Burns Paiute Tribe. She will be sent a copy of the Ordinance, and a signatory page for both parties to sign. I am estimating Ms. Tuell might be over to Burns in March 2016.



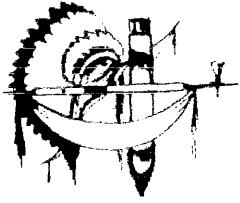
POWWOW and MEDICINE GAMES MEETING

February 26TH , 2016 at 12:00pm

WADATIKA Health Office

Powwow/ Social Gathering set for October 1st and 2nd.

Please bring your fundraising ideas. This year let's make it all about the kids.



Newsletter Date February 22, 2016

Housing News

BURNS PAIUTE HOUSING AUTHORITY

Annual Re-certification Applications/Proof of Income/Home Inspections

Home Inspections are scheduled to begin March 1, 2016.

Re-certification applications and proof of income are due **FEBRUARY 25, 2016.**

UPCOMING HOUSING AUTHORITY MEETING

**Monday February 29, 2016
11:00 am
Housing Office**

Contact Info

Office No.

541.573.2327

Office Fax No.

541.573.2328

Jody Hill,

Executive Director

Cellular

541.589.2022

Brenda Sam,

Housing Assistant

Cellular

541.589.2647

Eric Hawley,

Carpenter

Cellular

541.413.2023

ELDERS BREAKFAST

FEBRUARY 12, 2016

The Elders Breakfast was held on Friday, February 12, 2016, hosted by the Housing Authority. The Elders enjoyed a hearty breakfast of steak, eggs, potatoes, biscuits, banana bread and was sent home with a couple of sugar cookies to enjoy later.

Jody Hill, ED discussed with the elders the importance of having home insurance on their houses. If they are interested, Jody is willing to work with them on getting an estimate thru AMERIND. If any elder is interested on getting an estimate, please call or stop by the housing office and we will be willing to work with you.

541.573.2327.



Sunrise on the Elders Breakfast morning



HOUSING AUTHORITY MEMBERS

Chairperson,

JoEllen SkunkCap

Vice-Chair,

Elisha Caponetto

Secretary-Treasure,

Phyllis Miller

Members at Large

Andrew Beers

Vacant

WAITING LIST—February 9, 2016

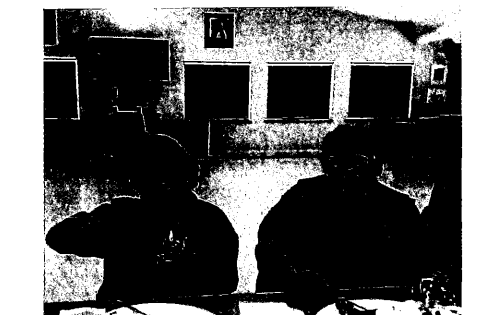
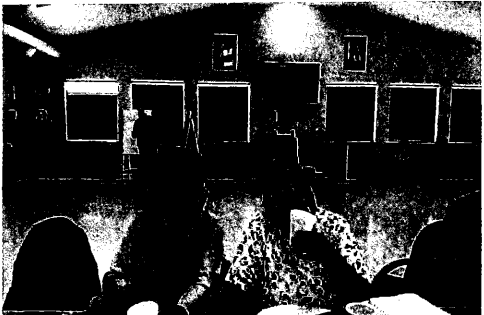
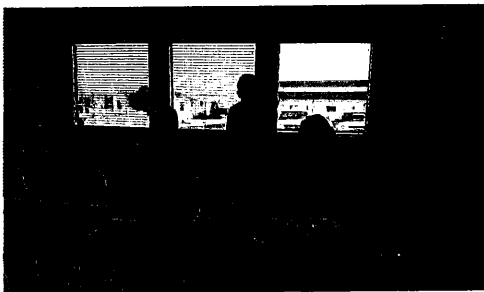
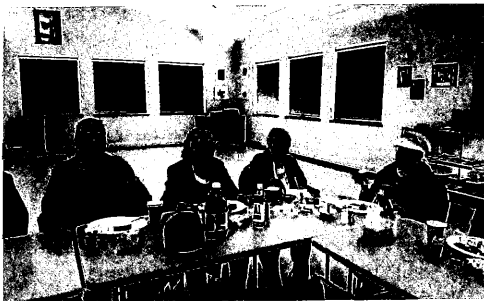
APPLICANT	DATE COMPLETE	ADULTS CHILDREN		
Deborah Delarosa	February 13, 2015	2 adults	0 child/ren	Complete
Lanada Teton	May 6, 2015	2 adults	1 child/ren	Complete
Taylor Kennedy	July 29, 2015	1 adult	0 child/ren	Complete
Andrew Beers	August 17, 2015	2 adults	6 child/ren	Complete
Desiree Sam	January 25, 2016	2 adults	2 child/ren	Complete

Per the Burns Paiute Housing Policy, "Applicants placed on the waiting list are required to respond to any update requests as a condition of remaining on the list and as a condition of admission." Request updates are mailed to the applicants last known address. The applicant is also responsible for informing the Housing Program if there are any changes in contact information, family composition and income change (increase/decrease).

More pictures from the Elders Breakfast

**

February 12, 2016



Update on Vacant Housing

#19 Radar Lane

The Housing Authority is currently working on rehabilitating the housing unit. Due to unforeseen circumstances the completion date has been moved to end of February.

The Housing Authority is waiting for a few more items from the applicants that are eligible for the unit before awarding the home.

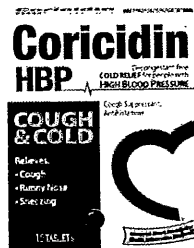
Consider the advice
of your elders:



Not because they are always right,
but because of the wisdom they
have gleaned from being wrong.

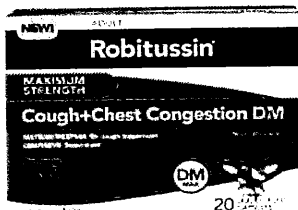
ATTENTION

There have been some questions regarding the use and abuse of over the counter medicines. Here is some information about over the counter medicines that are commonly abused.



- Known as "Triple C" "Skittles" "Cordies"
- Contains Dextromethorphan, or DXM
- At high doses, dextromethorphan(DXM) is classified as a dissociative general anesthetic and hallucinogen, similar to the controlled substances ketamine and phencyclidine (PCP). Also like those drugs, dextromethorphan is an NMDA receptor antagonist.

• Triple C is abused because it causes a high, but it also causes hallucinations in high quantities. To experience the desired effect requires taking much more than the recommended dosage. Other symptoms of a Triple C high include confusion, agitation, paranoia, and inappropriate laughter. You can also experience sensory changes like unusual sounds, a weird sense of touch, or a feeling of floating in midair.



- Robo Tripping and Over-the-Counter Drug Abuse
- Slang terms for the drug include Robo, Skittles, Dex and Tussin.
- According to The Partnership for a Drug-Free America, nearly 10 percent of American teens have admitted to Robo tripping. In fact, children as young as age nine have admitted to Robo tripping
- Teens and tweens Robo trip often because medications containing DXM are legal, readily available (without a prescription) and inexpensive.
- Consuming large amounts of drugs containing DXM can have a variety of serious and very dangerous side effects on a child's short- and long-term health including:
- Impaired vision, speech and judgment
- Confusion
- Lack of motor coordination
- Hypothermia
- Nausea, vomiting and diarrhea
- Abdominal pain
- Increased heart rate and blood pressure
- Disorientation and/or loss of consciousness
- Cerebral hemorrhages
- Seizures and/or permanent brain damage
- Death

If you or someone you know is abusing over the counter medications and would like help, please contact Burns Paiute Tribe Alcohol and Drug Program at: 541-573-8003

After School Program @ Tu-Wa-Kii-Nobi 5-18yrs

February

Feb. 22nd-26th

Evening Tutoring

HS/Middle School-
Sports -Please call if you
need a ride

After school Tutoring
on Tuesday and Wednes-
day. At high school

library. Any questions
please call Kerry Opie
573-8013-

Tu-Wa-Kii-Nobi Staff

Main # 541-573-1573

After School Program-

Elise Adams-Youth Services

Coordinator

541-573-1572-

Andrea Herrera

Youth Services Coordinator As-
sistant

Rhonda Holtby- Parent/Educ.
Coordinator

541-413-0448

Fred Pelroy- Tutor 541-589-2933

Marrisa/ Spencer Jones-Evenign
Tutors

(775)770-4539

Monday Feb. 22nd

4:00-5:00-Tutor/Reading for 20min.

5:00-5:30-Free Time-take kids home

Tuesday Feb. 23rd

4:00-5:00-Tutor/Reading for 20min.

5:00-5:30-Free Time-take kids home

Wednesday Feb. 24th

4:00-5:00-Tutor/Reading for 20min. Birthday Celebration Feb.

5:00-5:30-Free Time-take kids home

GONA 9:00-4:00-lunch & Snacks- Child care Provided

Thursday Feb.25th

4:00-5:00-Tutor/Reading for 20min.

5:00-5:30-Free Time-take kids home

GONA 9:00-4:00-lunch & Snacks- Child Care Provided

Friday Feb. 26th

10:00-10:30 Free Time-ipad, games, computer

10:30-11:30-Reading/Craft w/Ms. Lisa

11:30-12:00-Free Time

1:00-2:00-Prevention Time- w/Lanette

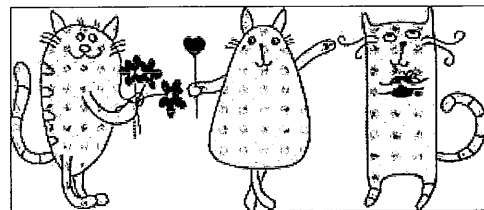
2:00-3:30-Craft/ Activity depending on Weather

3:30-4:00~ take kids home...clean up

We are planning our Spring break activities- we will keep you posted.
Please let us know if there are anything you have in mind for us.

We would like to have kids come to Tu-Wa-Kii Nobi to be able to go on
field trips.

Any questions please call Elise at 541-573-1572



Leap Ye.





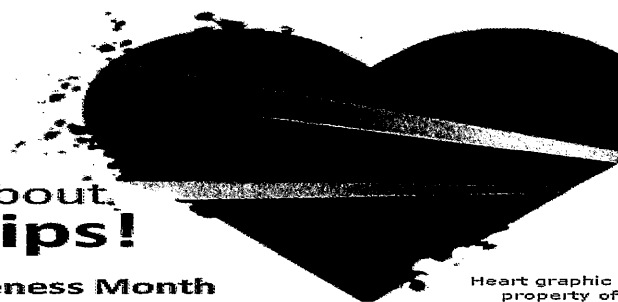
February 2016

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 Walk with Ease 11:30 am- 12:30pm	2 Positive Youth 12:00 pm Yoga 11:30-1pm & 5 pm	3 GONA 1:00 pm-8:00 pm	4 GONA 1:00 pm-8:00 pm	5 GONA 8:30 am-4:30 pm Prevention Friday	6
7	8 Walk with Ease 11:30am- 12:30pm	9 Yoga 11:30 am- 1:00pm	10 Prevention Coalition MTG 5:30 pm Chili & Fry bread	11 Walk with Ease 11:30am- 12:30pm	12 Elders breakfast Native Stand 8 th -12 th grade 12:00 pm-2:00	13
14 <i>Happy Valentine's Day!</i>	15 OFFICE CLOSED	16 Yoga 11:30am- 1:00pm	17 Parent Committee 5:15 @ Tribal court/ Parent focus group 6pm Tu-Wa-Kii-Nobi	18 Walk with Ease 11:30a-12:30p Tracy Underwood 6:00pm	19 Prevention Friday- Ambrosia	20
21	22 Walk with Ease 11:30am 12:30pm	23 Yoga 11:30 am- 1:00 pm	24	25 Walk with Ease 11:30am- 12:30pm	26 Prevention Friday Lanette Powwow Meeting 12:00 Wadatika	27
28	29 Walk with Ease 11:30am- 12:30pm					

Love is RESPECT

This February, start talking about
healthy relationships!

February is Teen Dating Violence Awareness Month



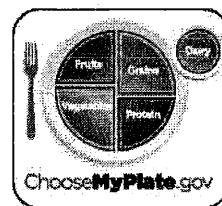
Heart graphic
property of
www.LetYourHeartRule.com



United States Department of Agriculture

10 tips Nutrition Education Series

make better beverage choices

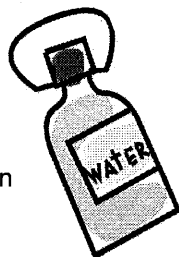


10 tips to get started

What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

1 drink water

Drink water instead of sugary drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.



2 how much water is enough?

Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

3 a thrifty option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

4 manage your calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

5 kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.



6 don't forget your dairy**

When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.

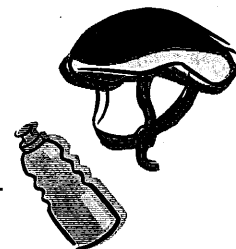


7 enjoy your beverage

When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

8 water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles are also easy on the environment.



9 check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.

10 compare what you drink

Food-A-Pedia, an online feature available at www.SuperTracker.usda.gov, can help you compare calories, added sugars, and fats in your favorite beverages.

** Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

*100% juice is part of the Fruit or Vegetable Group. Juice should make up half or less of total recommended fruit or vegetable intake.

CARDIOVASCULAR DISEASE: How to Talk to Your Healthcare Professional



Protect your future, and the ones you love, by continuing a conversation with your healthcare professional about cardiovascular disease and asking questions. Delaying a conversation about your blood pressure and cholesterol is easy. But facing the consequences—such as heart attack or stroke—isn't.

TIPS FOR COMMUNICATING WITH YOUR HEALTHCARE PROFESSIONAL

To get the most out of your medical visit, remember to communicate early, often, and honestly. Here are a few communication tips for speaking with your healthcare professional.



GIVE INFORMATION

Don't wait to be asked. You are the owner of your health history. Tell your healthcare professional about your health, including a list of medications that you take.

GET INFORMATION

Ask questions of your healthcare professional when at the office, and ask for information to take home with you. Remember to write a list of your questions and use it to jog your memory during your visit.

BE HONEST

Honesty is always the best policy. Communicate honestly with your healthcare provider in order to receive the best care possible.

FOLLOW-UP

After you leave the office, call if you have questions. Always remember to make a follow-up appointment if your healthcare professional recommends one.

STRONG MEN PROTECT THEIR FUTURE AND THE ONES THEY LOVE

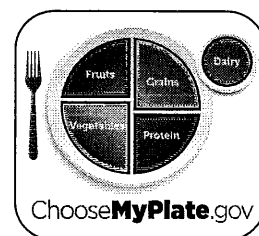
Talk to your healthcare provider about cardiovascular disease or visit **millionhearts.hhs.gov** for more information.

10 tips

Nutrition
Education Series

be active adults

10 tips to help adults include physical activity into their lifestyle



Being physically active is important for your health. Adults who are physically active are less likely to develop some chronic diseases than adults who are inactive. Physical activity is any form of exercise or movement of the body that uses energy. People of all ages, shapes, sizes, and abilities can benefit from a physically active lifestyle.

1 start activities slowly and build up over time

If you are just starting physical activity, build up slowly. This will help to prevent injury. After a few weeks, increase how often and how long you are active.



2 get your heart pumping

For health benefits, do at least 2½ hours each week of physical activity that requires moderate effort.

A few examples include brisk walking, biking, swimming, and skating. Spread activities over the week, but do them at least 10 minutes at a time.

3 strength-train for healthy muscles and bones

Do strengthening activities twice a week. Activities that build strength include lifting weights, doing push-ups and sit-ups, working with resistance bands, or heavy gardening.



4 make active choices throughout the day

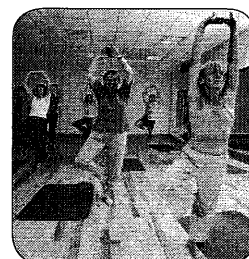
Every little bit of activity can add up and doing something is better than nothing. Take the stairs instead of the elevator, go for a 10-minute walk on your lunch break, or park further away from work and walk.

5 be active your way

Mix it up—there are endless ways to be active. They include walking, biking, dancing, martial arts, gardening, and playing ball. Try out different activities to see what you like best and to add variety.

6 use the buddy system

Activities with friends or family are more enjoyable than doing them alone. Join a walking group, attend fitness classes at a gym, or play with the kids outside. Build a support network—your buddies will encourage you to keep being active.



7 set goals and track your progress

Plan your physical activity ahead of time and keep records. It's a great way to meet your goals. Track your activities with the Physical Activity Tracker on **SuperTracker**.^{*} Use the My Journal feature to record what you enjoyed so you can build a plan that is right for you.

8 add on to your active time

Once you get used to regular physical activity, try to increase your weekly active time. The more time you spend being physically active, the more health benefits you will receive.

9 increase your effort

Add more intense activities once you have been moderately active for a while. You can do this by turning a brisk walk into a jog, swimming or biking faster, playing soccer, and participating in aerobic dance.



10 have fun!

Physical activity shouldn't be a chore. It can help you feel better about yourself and the way you live your life. Choose activities that you enjoy and that fit your lifestyle.

^{*}Find the SuperTracker at <https://www.supertracker.usda.gov>.



United States
Department of
Agriculture

Go to www.ChooseMyPlate.gov
for more information.

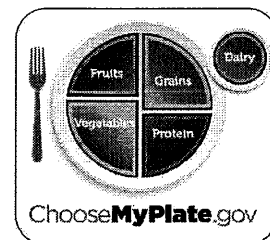
DG TipSheet No. 30
April 2013
Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider and employer.

10 tips

Nutrition
Education Series

salt and sodium

10 tips to help you cut back



It's clear that Americans have a taste for salt, but salt plays a role in high blood pressure. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt). Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to 1,500 mg a day.

1 think fresh

Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions—especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups. Fresh foods are generally lower in sodium.

2 enjoy home-prepared foods

Cook more often at home—where you are in control of what's in your food. Preparing your own foods allows you to limit the amount of salt in them.

3 fill up on veggies and fruits—they are naturally low in sodium

Eat plenty of vegetables and fruits—fresh or frozen. Eat a vegetable or fruit at every meal.

4 choose dairy and protein foods that are lower in sodium

Choose more fat-free or low-fat milk and yogurt in place of cheese, which is higher in sodium. Choose fresh beef, pork, poultry, and seafood, rather than those with salt added. Deli or luncheon meats, sausages, and canned products like corned beef are higher in sodium. Choose unsalted nuts and seeds.

5 adjust your taste buds

Cut back on salt little by little—and pay attention to the natural tastes of various foods. Your taste for salt will lessen over time.



6 skip the salt

Skip adding salt when cooking. Keep salt off the kitchen counter *and* the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.

7 read the label

Read the Nutrition Facts label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

8 ask for low-sodium foods when you eat out

Restaurants may prepare lower sodium foods at your request and will serve sauces and salad dressings on the side so you can use less.

9 pay attention to condiments

Foods like soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets are high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.

10 boost your potassium intake

Choose foods with potassium, which may help to lower your blood pressure. Potassium is found in vegetables and fruits, such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, beans (white, lima, kidney), and bananas. Other sources of potassium include yogurt, clams, halibut, orange juice, and milk.

KEY QUESTIONS TO ASK YOUR HEALTHCARE PROFESSIONAL

If you've been diagnosed with risk factors for heart disease and stroke—such as high blood pressure or high cholesterol—consider asking your healthcare professional these questions during your next office visit.

ABOUT BLOOD PRESSURE

What Do I Need to Know?

- What is my blood pressure and what do the numbers mean?
- What should my blood pressure be?
- How often should my blood pressure be checked?
- What may be causing my high blood pressure?
- What are the symptoms of high blood pressure?
- Why is smoking bad for my high blood pressure?

How Can I Protect My Future?

- Why is managing my blood pressure important?
- Is there a healthy eating or exercise plan that I should follow to help lower my blood pressure?
- What else can I do to help lower my blood pressure?
- Should I monitor my blood pressure at home?
- How do I discuss my condition with my family?

ABOUT CHOLESTEROL

What Do I Need to Know?

- What is my cholesterol and what do the numbers mean?
- Can you explain good cholesterol versus bad cholesterol?
- What may be causing my high cholesterol?
- How often should my cholesterol be checked?
- What are the symptoms of high cholesterol?
- How do diet and exercise impact my cholesterol?
- How does smoking contribute to high cholesterol?

How Can I Protect My Future?

- Why is managing my cholesterol important?
- Is there a healthy eating or exercise plan that I should follow to help lower my cholesterol?
- What else can I do to help lower my cholesterol?
- How do I discuss my condition with my family?

ABOUT MANAGING MEDICATIONS

What Do I Need to Know?

- What are my options to control high blood pressure, high cholesterol?
- Do I need to take medication?
- How long should I stay on my medication?
- What are the possible side effects of taking medication?
- Do I have to take my medication every day or is it OK to skip some days?

How Can I Protect My Future?

- Why is taking medication important?
- I take [insert name of medication]. Is it OK to take blood pressure or cholesterol medication as well?
- How long until I know if the medication is working and how long should I take it?
- Are generic medications as good as brand name drugs? Is it safe to buy my medications through the mail?



MYTH or FACT: The Truth about Cardiovascular Medications

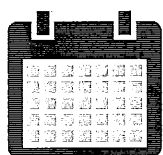


When you have high blood pressure or high cholesterol, your medication can help give you the freedom to keep doing what you love. Check out these common myths about cardiovascular medications. Are any of these holding you back?



MYTH #1: I've heard that the side effects of medications for high blood pressure and high cholesterol are not worth it.

FACT: Any medication can cause side effects, but many people do not experience negative effects from taking medication for high blood pressure or high cholesterol. For those that do, the side effects are often mild. But if you're worried or are experiencing side effects, talk to your healthcare providers. They can help you choose a medication that works for you, so you can keep going strong for the ones you love.



MYTH #2: I feel fine, so I can stop taking my medication.

FACT: For your medication to work properly, you should always take it as prescribed. Never stop taking medication without first talking to your healthcare provider and always remember to follow the recommendations of your healthcare team.



MYTH #3: I'm taking my medication, so I can eat whatever I want.

FACT: Taking medication does not eliminate the need for a healthy lifestyle. While medication can help control your high blood pressure or high cholesterol, it's important to eat healthy and enjoy regular physical activity as well. Consider grilling or baking instead of frying, eat fresh fruits and vegetables, and check nutrition labels to find foods with 140 mg or less of sodium. Above all, always remember to follow your healthcare provider's advice.

MYTH #4: I eat healthy and exercise, so I don't need to or can eventually stop taking my medication.

FACT: High blood pressure or high cholesterol can be lifelong issues. Healthy eating and exercise can make a difference, but these changes may not always be enough to control high blood pressure or high cholesterol. If you need medication, taking it as prescribed can reduce your chance of having a heart attack or stroke. Remember to talk to your healthcare provider about your personal health history and what's right for you.



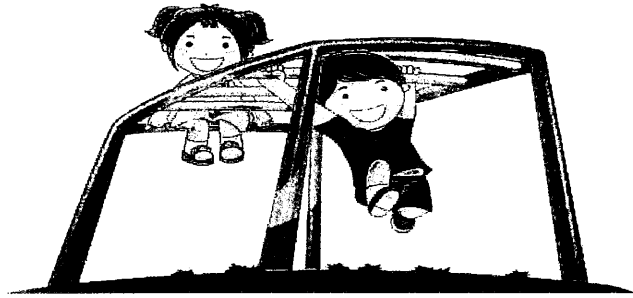
MYTH #5: I've never had a heart attack or stroke, so I don't need to make lifestyle changes.

FACT: Just because you've never had a heart attack or stroke doesn't mean that you won't. Don't wait for symptoms. Talk to your healthcare provider and getting your blood pressure and cholesterol checked regularly.

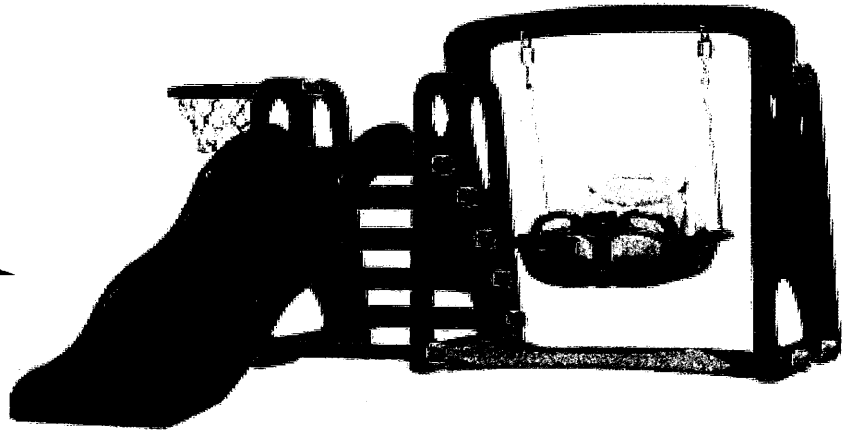
STRONG MEN PROTECT THEIR FUTURE AND THE ONES THEY LOVE

Talk to your healthcare provider about these common myths or visit millionhearts.hhs.gov for more information. It's up to you to decide whether high blood pressure and high cholesterol are in charge, or if you are.

RAINBOW PARK



© bnpdesignstudio * www.ClipartOf.com/101477



Rainbow Park & All Out Door Venues On The Burns Paiute Tribe Are Now Smoke Free!

SUBJECT: A Resolution promoting the Healthy environment of Rainbow Park and all outdoor venues on the Burns Paiute Tribe Reservation by banning the act of smoking cigarettes and all other commercial tobacco products.

WHEREAS, the Burns Paiute Tribe believes that the use of smoking products in the park deters from the enjoyment of park activities and can be detrimental to the health of all our citizens. The Tribe further believes that in order to maintain accessibility of such facilities to all individuals, the exposure to smoking should be prohibited; and

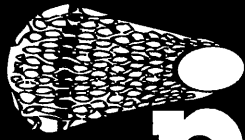
WHEREAS, smoking products, once consumed in public spaces, are often discarded on the ground requiring additional maintenance expenses, diminish the beauty of the recreational facilities, and pose a risk to toddlers, pets and wildlife if ingested; and

NOW THEREFORE BE IT RESOLVED, all "Smoking" shall mean the burning, carrying or holding of a lighted cigarette, cigar, pipe, electronic cigarette, nicotine vapor product, hookah's or any other lighted smoking item. This also includes, but is not limited to, equipment containing tobacco or any other herbaceous material, or inhalation or exhalation OF SMOKE FROM THE SAME EQUIPMENT.

Exemption: traditional tobacco for ceremonial purpose only

For More Information Please Contact:

Lanette Humphrey TPEP Coordinator @ 541-573-8002



Nadziitsaga

2016 LACROSSE REGISTRATION

Entire month of February

Monday - Friday 9am-5pm

Shepherd Graphics

407 N Broadway - Burns

More
Games &
Tournaments
Scheduled!

Open to 1st grade through high school

For more information: 541-589-1159 or 541-589-2112

SAVE-THE-DATE

6th Annual THRIVE Conference

June 27 - July 1, 2016

Registration will open the first week in April 2016!!

WHO: For American Indian and Alaska Native Youth

- Limit of 4 youth (13-19yo) per Tribe or Urban Area.
- Limit of 1-2 Chaperones per group registering.
- Registration is free!
- Activities, materials, lunch and snacks Mon-Thurs. will be provided.
- Travel, parking, lodging, breakfast and dinners are not included.

WHERE: Native American Student and Community Center at Portland State University (PSU) in Portland, OR

LODGING: University Place Hotel - group rate "THRIVE Conference" for \$99/night + tax for 2 or \$119 for 4, the room block deadline is **June 17, 2016** for reservations call 866.845.4647. Breakfast and wi-fi are included in this rate. PSU also offers dorm rooms of double occupancy for about \$60/night, please request the Broadway building ONLY and to make reservations please call or email summer housing and conferencing at 503.725.4336 or shc@pdx.edu. Breakfast is not included if you stay in the dorms.

WHY: Build protective factors and increase your skills and self-esteem, connect with other young Natives, learn about healthy behaviors (suicide prevention, healthy relationships, etc.) and how to strengthen your nation through culture, prevention, connections, and empowerment!

WHAT: This conference is made up of four workshop tracks and each youth will need to rank their preference for which workshop they want to be in when they are registered. The tracks are: digital storytelling, beats lyrics leaders (song writing and production), We Are Native youth ambassador leadership (additional application required), and a science and medical track sponsored by the Oregon Health and Science University.

Contact Information:

Northwest Portland Area Indian Health Board's project THRIVE

Galena WeCreech, project coordinator

Ph: 503.225.4155 x 270

Email: cmcsray@npihb.org

Website: <http://www.npihb.org/projectthrivalive>

#WeNeedYouthere





Quapaw & Jack Barrett

NATIVE AMERICAN SCOUTING COMBINE

MARCH 5, 2016



FOR MORE INFORMATION CONTACT
JAMES PRYOR
TEXT OR CALL (928) 919-1908 OR
JAMESPRYOR@YAHOO.COM

NATIVE AMERICAN HIGH SCHOOL FOOTBALL PLAYERS
ARE INVITED TO ATTEND THE

Quapaw & Jack Barrett

NATIVE AMERICAN SCOUTING COMBINE

PRESENTING



DAYOFCHAMPIONSsports

TOP-TIER COACHES WILL BE ON HAND TO EVALUATE THE
STATE'S TOP NATIVE AMERICAN FOOTBALL PLAYERS. THIS
INTENSE COMBINE IS AN EXCITING TIME FOR ATHLETES AND A
KEY STEP IN ACHIEVING THEIR DREAMS OF PLAYING AT A
NEXT LEVEL, WHILE IMPROVING THEIR FOOTBALL SKILLS.

SATURDAY, MARCH 5, 2016

10:00AM - 5:30PM

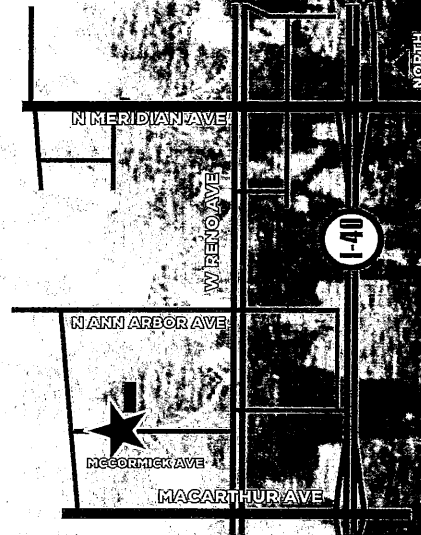
**ONLY NATIVE AMERICAN GRADUATING
SENIORS AND PAST GRADUATES NOT
ENROLLED IN COLLEGE**

PRE-REG BY FEBRUARY 27: \$100 NONREFUNDABLE
DAY-OF CAMP REGISTRATION: \$125
CHECKS ONLY: PAYABLE TO DAY OF CHAMPIONS

LOCATION:

★ LET'S PLAY SOCCER

100 N. MCCORMICK | OKC, OKLAHOMA



NORTH

PLAYER AGENDA

8AM-9:45AM REGISTRATION & WATER

10:00AM COMBINE STARTS
INTRODUCTION

10:20AM STRETCH

10:35AM TESTING SESSIONS (@20MIN.)
EVENTS INCLUDE:
HEIGHT + WEIGHT
PRO AGILITY SHUTTLE
VERTICAL/STANDING BROAD JUMP
BENCH PRESS
40 YARD/20 YARD
ODDS + ENDS (VALIDATION OF RECRUITING INFORMATION)
10-STEP CHECKLIST

12:15PM LUNCH PROVIDED

12:45PM SKILLS SESSION
NFL-STYLE WORK SESSION FOR EACH POSITION

1:25PM COMPETITION SESSIONS
ONE-ON-ONE COMPETITION
OFFENSIVE VS. DEFENSIVE LINE
RECEIVERS VS. DEFENSIVE BACKS
RUNNING BACKS VS. LINEBACKERS
FILM ANALYSIS
ONE-ON-ONE ANALYSIS OF GAME & PRACTICE FILM

2:05PM GROUP INTERVIEWS

4:00PM INDIVIDUAL INTERVIEWS
INTERVIEW ATHLETES ON:
PERSONAL EDUCATION, FOOTBALL
- DAY-OF RECRUITING SERVICES
COACHES COMBINE WATCH COMBINE LIVE

5:30PM COMBINE FINISHES
PREP FOR FUTURE RECRUITING SERVICES
HELP PROMOTE STUDENT-ATHLETES TO COLLEGES
COLLEGES AND UNIVERSITIES
COMBINE EDUCATION COMPLETE 10-STEP CHECKLIST
CONTACT JAMES PRYOR WITHIN ONE WEEK OF
COMBINE TO RECEIVE ASSISTANCE WITH RECRUITING
EMAIL: JAMESPRYOR@YAHOO.COM OR
CALL OR TEXT (928) 919-1908